

## **Abstrakt**

### **Title:**

Proposal methodics of teaching freestyle skiing

### **Goals:**

The goal is gather, critically judge and logically sort the knowledges about Newschool skiing, and on their basis create the proposal methodics of freestyle skiing.

### **Method:**

The theses was created on basis of analysis documents. We obtained and processed the informations on basis of critical access and with usaje contentual analysis documents.

### **Results:**

On the basis vocation literature, two world and one czech methodics and own experience, was created the proposal methodics of freestyle skiing, which is divided to five chapters (custom on the armaments, foundations of freestyle, jumps, rails and boxes, the halfpipe).

### **Key words:**

Newschool, freestyle skiing, methodics of training.